



**JABFIRST**  
BXN ACADEMY



Offering a unique training style the purpose of the club is to implement great habits through the boxing fundamentals of the sport. Some of the key focus areas that we continuously work hard on are the following below.

## FOCUS AREAS

•SELF DEFENCE•CONFIDENCE•BOXING FUNDAMENTALS  
•DISCIPLINE•FITNESS•LEADERSHIP•ACCOUNTABILITY•ATTITUDE •FOCUS  
•EMOTIONAL RELEASE •RESILIENCE

## CHECK OUT OUR WEBSITE

**WWW.JABFIRSTBXNACADEMY.COM**

## TRIAL DETAILS

YEARS 3-6's

DATES & TIMES

Monday 1st December

3:15pm-4:15pm

Monday 8th December

3:15pm-4:15pm

**FREE TRIAL**

TO BOOK ON CONTACT-

**JABFIRSTBXNACADEMY@GMAIL.COM**